



STRESS LEVEL BETWEEN HOUSEWIVES AND EMPLOYED WOMEN

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ABSTRACT

Stress is disrupts the repetitive, physical or mental well-being of individuals. It arises when the body performs beyond his abilities or when a person faces uncommon demands. In the present era stress is an unavoidable component of life due to increasing complexities and competitiveness in living standards. It is not only working women but also housewives. Everyone experiences stress, whether it is within family or outside the family, workplace, study, business, organization. Most of the women experiences stress in family due to crowded and unhygienic living conditions, conflict, urbanization and lack of motivation from family members. Concerning the cause of stress, most studies have pointed to the fact that the incidence of stress is due to overwork [Laver, 1999]. In the United States, work place stress has doubled since 1985. Around one third of all Americans measured job related pressure as their greatest source of stress. **Objective:** study attempt to understand the stress level between working and non working women. **Methods:** present study utilized both primary and secondary data sources to meet the objectives of the study. **Results:** findings of study displays that working women mild stress level is more and non-working women moderate level stress and sever level stress found same among both working and non-working women. Statistical significance shows the relationship between working and non-working women stress level with 0.05 level. They can manage the stress by adapting healthy practices and individual can learn to relax and enjoy life. They had feel the best way to manage stress is to prevent it. This may not be always possible. So, the subsequent best effects are to decrease strain and make life easier.

KEYWORDS: working women, non-working women, stress level, Psychological, Physical problems.

INTRODUCTION:

In modern time's higher education facilitated women's entry into gainful employment and some parts of the world major variations have occurred in the status of women. In simultaneously women will place in the difficult position of having to balance the multiple roles expect to carry out for herself. As all know women doing both responsibilities easily for a century. Means they can play best role as working women, as good housewife and mother. She can make her children happy, healthy and responsible citizens. Still women have been expected to fulfill the ideal role of both perfect wife and mother, and this means every woman putting the family first before their own needs. As a housewife she is source of joy comfort and inspiration to her husband and as working women she engage works in office, banks outside from their house for get financial independence, with an effective housewife, motherhood raising a child. But after all she is also human being, she needs relax, love, affection, position, respect in family because, Independence of India indicated the introduction of laws relating to women, The Constitution provided equality to men and women and also gave special security to women with Government rules and regulation to realize their interests effectively. The law also gives women equal rights in the matter of adoption maternity benefits, equal pay, good working conditions and in ancestors property but still women discriminated in her daily lives such as all household chores are her responsibility whether she is employed or housewives. Moreover the household work which is perform by women inside the house is often considered as unpaid invisible.

But it is more difficult to balance multiple roles for women to adjustment with family requirements with her personality traits, expectation, and perceptions combined with those of her spouse and family members whether they are employed or housewives. So this tension will creates stress among women. Stress is part of day to day life. There are varieties of sources of stress. Meanwhile, many studies reveal those now days the stress is challenging aspects of every individual. But this present project will concentrate on stress management of both employed and housewives, based on different factors such as nature of responsibility, attitude behaviour, role conflict, adjustment and social status. According to Muddanagouda patil (2016) finding reveals that working women has more stress than non-working women's. Taylor (1995) has concluded that there are three major antecedent sources of stressful behavior stressful life events, stress in workplace and work stress in families. Multiple Roles will create more stress which may also type of tension created by multiple demands and conflicting performance of a role, resulting in anxiety.

Stress is the caused by emotional and physical strain and it also depends on response to pressure from the outside world. Common stress reactions comprise strain, irritability, incapability to deliberate, and a variety of physical symptoms that include headache and a fast heartbeat. Stress is a situation or feeling experienced when a person notices that demands exceed the personal and social resources the individual is able to mobilize. A stressor can be either positive or negative on the basis of how person reacts. Sometime stress become as a motivator, whereas another person may identify it as a constraint. Positive stress is known as eustress and negative stress as distress. Distress affects physical and mental wellbeing of a person. Eustress trigger the body and mind to perform cre-

atively. Some of these problems are insomnia, eating disorders, heart problems, and suicidal tendencies. Stress is unavoidable, when large amount of work is predictable beyond the capacities of the worker and work has to be performed keeping in view the set deadlines. The present paper focus on stress level among working and non working women with the help of background characteristics.

REVIEW OF LITERATURE:

Swati Chhabra (2017) Working women is a growing need of the time as the families can't strive on a single wage. On the other hand self esteem needs of the women have encouraged them to step out of the home and work for their separate social identity. This has put the women role into dual conflicting role as skilled homemakers or skilled employees of an organization. So there arises a difficulty in maintaining balance to be housewives or productive employees. The result of this imbalance is the birth of stress in career oriented women workers.

Michael J. Galanakis I et al. (2016) the current study investigates how stress and self-esteem interact in a wide range of levels. The researcher Reviewing the latest literature of the last five years, we understood that the findings indicated that self-esteem affected stress in different levels, including personal, psychological and professional parameters. These results point out the significance of this interaction and the necessity of use of some stress management techniques which can not only reduce stress, but also improve self-esteem. As a result, the study is to examine the connection between stress and self-esteem and to use this knowledge in order to reduce stress, improve self-esteem and as a result remove emotional disorders and ameliorate the quality of people's life.

Prakash B. Kundaragi, Dr. A. M. Kadakol (2015) As Richard Carlson says that, "Stress is nothing more than a socially acceptable form of mental illness". Stress can situations undermine the achievement of goals, both for individuals and for organizations. Serious responses to stress may be in the areas of feelings such as anxiety, depression, irritability, fatigue, behaviour, thinking or physical symptoms, body pain, headaches. Stress is the technique how human beings react both materially, physically and emotionally to changes, events, and situations in their lives. People understanding stress in different ways and for diverse reasons. The reaction is based on researcher perception of an event or situation. If you view a condition harmfully, you will likely feel distressed i.e. overwhelmed, oppressed, or out of control. Distress is the more familiar form of pressure. The other way of Eustress, outcomes from a positive view of an event or condition, which is why it is also called good stress. Because Stress will change body's response.

Dr. Latha Krishnan (2014), this study have identified socio-economic stressors, psychological and family and relationship stressors causing stress among working women and strategies to cope up with it, though study was shown among working women in different sectors in Bangalore city. A sample of 100 respondents was chosen on the basis of stratified random sampling technique. The researcher Statistical tools like factor analysis and regression coefficient were used to develop Structural Equation Model. The results of the study reveals that under socio-economic stressors unexpected guests, followed by absence of domestic help causes major stress among working women. Similarly being perfectionist with needless fears which cause psychological set back among work-

ing women. Moreover worry about children future and husbands job anxiety play a major role in causing stress under family and relationship. Thus the working women necessity to have work life equilibrium and imbibe stress controlling approaches like meditation, balanced diet filled with entertainment and fun to lead a stress free life.

Onasoga Olayinka., Ogbenor Sarah Osamudiamen and Ojo. A. A. (2013) This study aimed at determining the occupational stress management strategies among nurses in selected Hospital Benin City. A 45-item questionnaire was developed and administered. Researcher used Purposive sampling technique to select 100 nurses in the selected Hospital. Descriptive and inferential statistics were used to analyze the data generated. Result of the study reveals that majority of the nurses were females, of senior cadre and were married. It was also revealed that the major causes of stress identified by the nurses were poor salary (82%), handling a large number of patients alone, lack of incentives (83%) and job insecurity among others. The major types of stress experienced were, headache (49%) as physical stress; anger as emotional stress; lack of concentration and forgetfulness were the most psychological stress experienced in the ward. The major occupational stress management strategies were identification of the sources of stress and avoidance of unnecessary stress (90%), altering the situation, expressing their feelings instead of bottling them up, managing their time better (94%), and adjusting their standard and attitude. They sometimes exercise and relax. There was no statistical association between age, sex, salary received and types of stress experienced as $p\text{-value} > 0.05$, but there was relationship between rank and the type of stress experienced as $P < 0.05$ for the emotional type of stress experienced.

Dr. J. Vijayadurai, Mr. S. Venkatesh (2012) Stress at work can be a real problem to the organization as well as for its workers. In the workplace and at home, Factors such as job insecurity, long hours, continuous change and unrealistic deadlines can cause serious problem for workers leads stress. The aim and goal of the paper is to know the various factors to stimulate stress level among women teachers in college level. Workplace stress occurs when there are an imbalance the demands and perceived pressures of the work environment and an individual ability to cope. An individual's experience of stress at work is to a large extent affected by the level of control they have over their working condition, pressures, the degree of support they receive from others in the workplace and the strategies they use to respond to work pressures.

OBJECTIVES:

The objective of this study is to investigate stress level among employed women and housewives, which are associated with the family as well as social duties, Role conflict nature and lifestyle of women.

Sample: Sample consisted of 100 educated women 50 were employed and 50 were House wives. Drawn from kalaburagi city. As far as the age was concerned the woman were selected from young and middle (21-60 years) age group.

Tools Used: The study have utilized the personal stress source inventory (PSSI, 2005). It is a standardized test. It consists of 25 items. Which comprises personal life, which often occurs the subjects were asked to read those sources events very carefully one by one out of three given response options of each event namely, "Occasionally" "Weekly" and "Daily" subject will be asked them to put a tick mark below that option which suits to her the event of the item which does not apply in her case should be left unanswered.

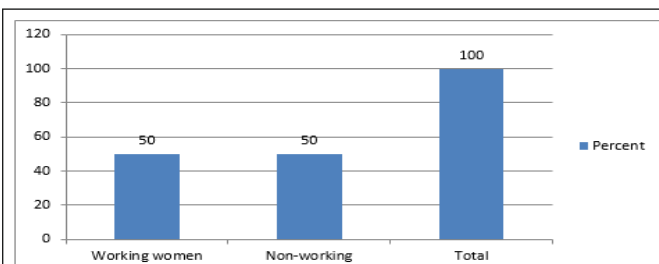
STATISTICS:

Statically Analysis: In order to study the nature of distribution of stress scores among working females the researcher will plan to apply frequency for background character, chi square test to find out the stress level among working and non working women.

STATISTICAL ANALYSIS AND INTERPRETATION OF DATA:

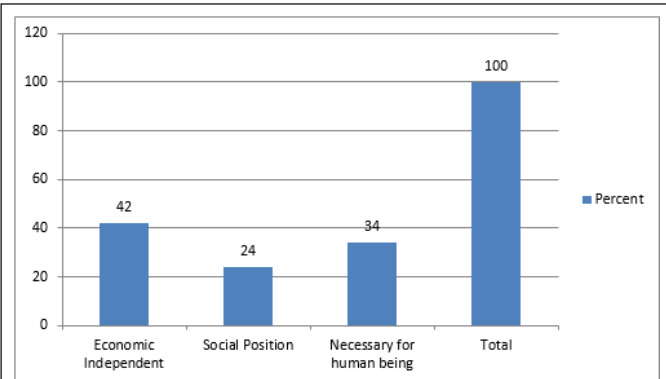
The data will be studied from as many angles as possible to explore the new facts. Analysis and interpretation of the obtained data will be prepared by keeping in mind the objectives of the study. The descriptions of calculation and results of study will present systematically by using Micro Soft word processor.

RESULT AND DISCUSSION:



Source: Primary Data

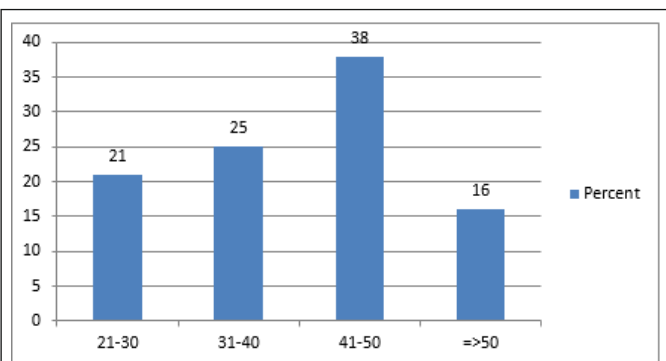
Graph 1: Percentage Distribution of Respondents by Occupation



Source: Primary Data

Graph 2: Percentage Distribution of Respondents by Reason for doing Job

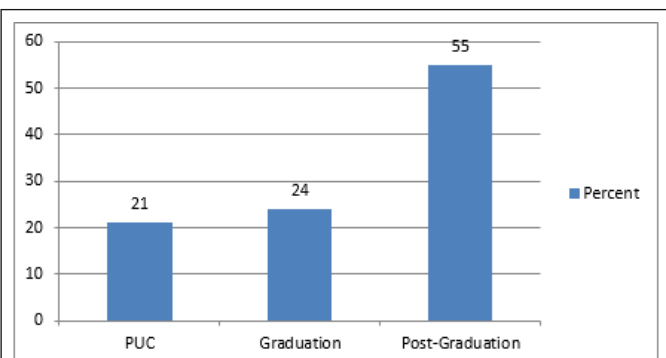
The above graph two tries to unveil the women respondents opinion on reason for doing job or household work of the Indian families. Glancing through the statistical percentage distribution one can noticed that 42 percent of the women respondents have given reason of economic independent whereas, 24 percent of respondents try to explain the social position and while 34 percent respondents raised as humanity base that is necessary for human being respectively.



Source: Primary Data

Graph 3: Percentage Distribution of Respondents by Current age

The above Graph three reveals that majority of the women that is 38 percentage were in the age group of 41-50 years. Followed by 25 percent of women respondents were belonging to age group of 31-40 years, while 21 percent women respondents were belonging to age group of 21-30 and only 16 percent of respondents were belonging to age group of more than or equal to 50.



Source: Primary Data

Graph 4: Percentage Distribution of Respondents by Educational level

The above Graph four tries to through same light upon the educational level of studied sample women respondents which appeared to most deciding factor in achieving the social status or that matter enjoying it in a modern day's contemporary society. Among The total studied women population the majority of the women respondents that is 55 percent respondents have completed both Post Graduation and professional level. Whereas, 24 percent of women respondents have completed graduation. While only 21 percent of the respondents have finished their PUC or pre university level of education which is free and compulsory made by the state Government of Karnataka. There is lot need to be done in order

to improve the literacy level among the people in general and more particularly among the women folk of this region to match with women from southern part of Karnataka as far as their overall development is concerned.

STRESS LEVEL BETWEEN WORKING AND NON-WORKING WOMEN:

Table 1: Associating stress level between working and non working women by hyper critical with friends and family

Occupation of the respondents	Becoming clinical and hyper critical with friends and family			Total
	Mild level	Moderate level	Severe level	
Working women	31	11	8	50
	62.0%	22.0%	16.0%	100.0%
Non working	22	20	8	50
	44.0%	40.0%	16.0%	100.0%
Total	53	31	16	100
	53.0%	31.0%	16.0%	100.0%
	100.0%	100.0%	100.0%	100.0%

Source: Primary Data

The above table reveals that stress level among working and non-working women, the highest percentage (62%) of women were having mild level clinical and hyper critical stress, (22%) of the participants had moderate level of stress, (16%) of the participants had severe level of stress. Whereas in case of non-working women, the highest percent-age (44%) of women were having moderate level of stress, (40%) of the participants had mild level of stress, (16%) of the participants had severe level of stress. Comparing to working and non-working women stress level the result shows that the mild level stress were more among non-working women. in severe level stress both were same with 16 percent.

Table 2: Associating stress level between working and non-working women by Increasing boredom with work/home life

Occupation of the respondents	Increasing boredom with work/home life			Total
	Mild level	Moderate level	Severe level	
Working women	30	18	2	50
	60.0%	36.0%	4.0%	100.0%
Non working	23	16	11	50
	46.0%	32.0%	22.0%	100.0%
Total	53	34	13	100
	53.0%	34.0%	13.0%	100.0%
	100.0%	100.0%	100.0%	100.0%

Source: Primary Data

The above table reveals that stress level among working women, the highest percentage (60%) of women were having mild level of stress, (36%) of the participants had moderate level of stress, (4%) of the participants had severe level of stress. Whereas in case of non-working women, the highest percent-age (46%) of women were having mild level of stress, (32%) of the participants had moderate level of stress, (22%) of the participants had severe level of stress. The working women mild level stress were higher then non-working women, in moderate level stress, non-working women were more comparing to working women.

Table 3: Associating stress level between working and non-working women by Losing clear perspective on work/home life

Occupation of the respondents	Losing clear perspective on work/home life			Total
	Mild level	Moderate level	Severe level	
Working women	27	17	6	50
	54.0%	34.0%	12.0%	100.0%
Non-working	18	17	15	50
	36.0%	34.0%	30.0%	100.0%
Total	45	34	21	100
	45.0%	34.0%	21.0%	100.0%
	100.0%	100.0%	100.0%	100.0%
	X ² .059			

Source: Primary Data

The above table reveals that among working women, the highest percentage (54%) of women were having mild level of stress, (34%) of the participants had moderate level of stress, (12%) of the participants had severe level of stress. Whereas in case of non-working women, the highest percent-age (36%) of

women were having mild level of stress, (34%) of the participants had moderate level of stress, (30%) of the participants had severe level of stress. statistical significance also shows the relationship between working and non-working women stress level with 0.05 level. working women mild level stress were more and moderate level is equal among both working and non-working women in severe level non working women were more comparing working women.

Table 4: Associating stress level between working and non-working women by Growing sense of being out of control in home and work

Occupation of the respondents	Growing sense of being out of control in home /work			Total
	Mild level	Moderate level	Severe level	
Working women	29	14	7	50
	58.0%	28.0%	14.0%	100.0%
Non-working	13	26	11	50
	26.0%	52.0%	22.0%	100.0%
Total	42	40	18	100
	42.0%	40.0%	18.0%	100.0%
	100.0%	100.0%	100.0%	100.0%
	X ² .005			

Source: Primary Data

The above table exposes that among working women, the highest percentage (58%) of women were having mild level of stress, (28%) of the participants had moderate level of stress, (14%) of the participants had severe level of stress. Whereas in case of non-working women, the highest percentage (52%) of the participants had moderate level of stress, (26%) of women were having mild level of stress, (22%) of the participants had severe level of stress. statistical test chi square also shows significance the relationship between working and non-working women stress level with 0.005 level. means comparing the stress level among working and non-working women there is mild level stress were higher in working women and moderate level stress were high in non-working women.

Table 5: Associating stress level between working and non-working women by health problems

Occupation of the respondents	Health Problems			Total
	Mild level	Moderate level	Severe level	
Working women	26	11	13	50
	52.0%	22.0%	26.0%	100.0%
Non-working	13	24	13	50
	26.0%	48.0%	26.0%	100.0%
Total	39	35	26	100
	39.0%	35.0%	26.0%	100.0%
	100.0%	100.0%	100.0%	100.0%
	X ² .010			

Source: Primary Data

The above table reveals that stress level among working women, the highest percentage (52%) of women were having mild level of stress, (22%) of the participants had moderate level of stress, (26%) of the participants had severe level of stress. Whereas in case of non-working women, the highest percentage (48%) of the participants had moderate level of stress, (26%) of women were having mild level of stress, (26%) of the participants had severe level of stress. Statistical test chi square also shows significance the relationship between working and non-working women stress level with 0.001 level. It would shows that working women mild stress level is more and non-working women moderate level stress and severe level stress found same among both working and non-working women.

CONCLUSION:

Working and non working women experienced stress at home or work is to a large extent affected by the level of control they have over their working condition, pressures, the degree of support they receive from others in the workplace and the strategies they use to return to work burdens. The present study result Relating stress level between working and non working women by hyper critical with friends and family working women having mild level stress more comparing to non working women. In way of work and home life explains the moderate level stress is more among non-working women comparing to working women.

This interface takes place in diverse levels, including personal, psychological and professional parameters. Stress also experienced health problems such as headache as physical stress; anger as emotional stress; lack of concentration and forgetfulness were the most psychological stress experienced in the part. Statistical test chi square also illustrations highly significance the relationship between

working and nonworking women stress level with 0.001 level. It would shows that working women mild stress level is more and nonworking women moderate level stress and sever level stress found same among both working and non-working women. viewpoint on work and home life statistical significance shows the relationship between working and non-working women stress level with 0.05 level.

The prime work-related and home stress management approaches were identification of the sources of stress and avoidance of unnecessary stress, altering the situation, managing their time better and adjusting their standard and attitude. Moreover worry about children future and husbands occupation uncertainty play a major role in causing stress under family and relationship. Thus the working women necessity to have work life balance and imbibe stress management strategies like meditation, balanced diet filled with entertainment and fun to lead a stress free life. They sometimes exercise and relax. Both working and non working women use some stress management techniques which can not only reduce stress, but also improve self-esteem. As a result of the study is explains the connection between stress and self-esteem and to use this knowledge in order to reduce stress, improve self-esteem and as a result eradicate emotional disorders and perfect the quality of people's life.

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